

# NOVEMBER 2015

## SENIOR MEALS ON WHEELS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Steamed White Rice Eggplant: 泡菜茄子 Pork: 咕啫肉 WHEAT BREAD MARGARINE MILK	<b>3</b> <b>NO LUNCH</b>	<b>4</b> Steamed White Rice Tofu: 百花豆腐 Chicken: 三杯鸡 FRESH SALAD MARGARINE FRESH FRUIT MILK	<b>5</b> <b>NO LUNCH</b>	<b>6</b> Steamed White Rice Potato: 清炒土豆丝 Fish: 红烧侧鱼 WHITE BREAD FRUIT JUICE MARGARINE MILK
<b>9</b> Steamed White Rice Zucchini: 虾皮雪里红 Chicken: 广东鸡 RYE BREAD SOUR CREAM MARGARINE	<b>10</b> <b>NO LUNCH</b>	<b>11</b> SNOW CLOSED IN HONOR OF VETERANS DAY THANK YOU FOR YOUR SERVICE! <b>NO LUNCH</b>	<b>12</b> <b>NO LUNCH</b>	<b>13</b> Steamed White Rice Green Bean: 干煸四季豆 Fish: 香煎带鱼 FRESH FRUIT MARGARINE MILK COOKIE
<b>16</b> Steamed White Rice Tomato: 西红柿鸡蛋 Pork: 糖醋里脊 WHITE ROLL FRESH FRUIT MARGARINE MILK	<b>17</b> <b>NO LUNCH</b>	<b>18</b> Steamed White Rice Mushroom: 香菇青江菜 Pork: 五香卤肉 FRUITJUICE WHITE BREAD MARGARINE MILK	<b>19</b> <b>NO LUNCH</b>	<b>20</b> Steamed White Rice Eggplant: 鱼香茄子 Chicken: 宫保鸡片 WHEAT ROLL FRESH FRUIT MARGARINE MILK
<b>23</b> Steamed White Rice Green Bean: 干煸四季豆 Fish: 香煎带鱼 FRUIT JUICE WHITE ROLL MARGARINE MILK	<b>24</b> <b>NO LUNCH</b>	<b>25</b> Steamed White Rice Eggplant: 泡菜茄子 Pork: 咕啫肉 FRUIT JUICE PUMPERNICKEL BREAD MARGARINE COOKIE MILK	<b>26</b> <b>NO LUNCH</b>	<b>27</b> <b>NO LUNCH</b>
<b>30</b> Steamed White Rice Vegetables: 木须蔬菜 Chicken: 白切鸡 WHITE ROLL FRUIT JUICE MARGARINE MILK				

**News**

**HAPPY BIRTHDAY  
TO OUR CLIENTS  
BORN IN NOVEMBER.  
BIRTHDAY CAKE ON  
THE 5<sup>TH</sup> .**

**IF YOU WON'T BE  
HOME TO  
RECEIVE YOUR  
MEAL PLEASE  
CALL  
248-689-0001**